

need to be confident and not let your friends pressure you into doing something that is illegal or will hurt you. D.A.R.E. has helped show me the importance of just saying NO!

(By Emily Ready)

"Good afternoon, guys. Today we're going to talk about..." Every single year, fifth graders in Loudoun County take a class called D.A.R.E. D.A.R.E. stands for Drug Abuse Resistance Education. A deputy from Loudoun County Sheriff's office comes and teaches you. Some of my favorite things that we learned about were tobacco, alcohol, and peer pressure.

Coughing, yellow teeth, cancer? These are just some of the things tobacco does to you. Cigarettes contain tobacco, and smoking is the main cause of heart disease. More than 400,000 people die every year from smoking. It can also turn your lungs from natural pink to sickening black. My thoughts on tobacco are tobacco is a horrible thing, and if you use it, you are ruining your life!

Jail, comas, and possible death are only a few of the things too much alcohol can get you. Alcohol is in beer, wine, and liquor. It slows down your brain and your body. In case you're wondering, most teenagers DON'T drink alcohol. I think if people were more responsible with alcohol, it wouldn't be a problem.

Peer pressure is when other people, friends or not, try to get you to do something you may or may not wish to do. Some people can be mean about it, or some will be nice and it can be something good for you. If it's bad, just say NO! I think if it's mean or bad peer pressure, we don't need it! It can hurt people's feelings and make them do something dangerous or awful that can hurt them or other people.

I really enjoyed the D.A.R.E. program this year. It showed me just how dangerous smoking and underage drinking really are. I believe it is important to stay drug-free because you can destroy yourself, your family, and your future. So, I, Emily Ready, promise to stay drug-free and stay a non-tobacco user and a nonunderage drinker.

(By Nick Carroll)

"Lost another one to drugs because of over use of alcohol," sighed Dr. Smith. That won't happen to me because I took D.A.R.E. class. D.A.R.E. stands for Drug Abuse Resistance Education. During D.A.R.E. we learned about alcohol, inhalants, marijuana, and tobacco. We learned about more than just drugs. We learned how to say no and about the D.A.R.E. decision making model. We also learned about how dangerous inhalants can be and the tricks of advertisement.

Inhalants can be used as a type of drug. It can be made using household products concentrated in a certain place (like in a paper bag). They are very dangerous! It can kill you instantly even if you're doing it for the first time. Inhalants can damage your brain and liver. You might suffer from a loss of smell, depression, and can cause a heart attack! It can also suffocate you. It will starve your body of oxygen and force your heart to beat irregularly and more rapidly. You could get sores in the mouth and nose. Chronic users can have muscle wasting and reduced muscle tone and strength. Inhalants can cause nausea and nosebleeds. Inhalants are one of the things that kill many children each year. Inhalants can cause most of these problems without you knowing it until it's too late.

Advertising is one of the ways drug companies get people to buy their stuff. One of the ways they do it is to show famous celebrities drinking beer or smoking a cigarette. They also show happy people with beer, wine, or a

cigarette. They put advertisements almost everywhere you could look. They put them on TV commercials, in magazines, billboards, and many other places. They think that by putting them in a lot of places they are getting more customers and it works, people go for the advertisements.

I think D.A.R.E. was an exciting subject. We learned many things from our instructor, Deputy Ridgley. She made it enjoyable to learn about drugs and how to stay drug free. Deputy Ridgley told us many stories, which made it exciting. I think that it is important to stay drug free to keep from getting sick or hurt from different drugs. I will stay drug free to keep from getting sick or hurt by drugs!

INTRODUCTION OF IRAN GAS QUARANTINE RESOLUTION

HON. MARK STEVEN KIRK

OF ILLINOIS

IN THE HOUSE OF REPRESENTATIVES

Thursday, June 8, 2006

Mr. KIRK. Mr. Speaker, today, I am reintroducing a resolution with Congressman ROBERT ANDREWS (D-NJ) which emphasizes that the crisis regarding Iran's nuclear program should be resolved primarily through diplomatic means. I choose diplomacy over conflict; and I believe the United States and our allies can achieve our ends to the Iranian nuclear program without firing a shot. By focusing on Iran's reliance on gasoline imports, this concurrent resolution suggests a thoughtful and effective approach to diplomacy with Iran.

The resolution I introduce today states that as part of the diplomatic effort, the United States should consider a gasoline quarantine, organized and enforced by a multilateral coalition of nations. This action would be a strong yet prudent action to dissuade Iran from joining the nuclear club.

Despite its wealth of crude oil, Iran imports nearly 40 percent of its refined gasoline. For years, the Iranian regime has subsidized this imported gasoline by \$3 billion a year to keep prices artificially low in order to maintain economic and political stability. A quarantine, and the resulting spike in prices, would be catastrophic to the regime's stability.

The Iranian economy is nearly at its breaking point due to crushing unemployment, inflation, and the rush of foreign investors leaving the Islamic Republic. A quarantine would push the government's ability to spend to the breaking point, forcing them to consider compromise.

Congressman ANDREWS and I introduced a similar resolution, House Concurrent Resolution 177, on June 14, 2005. Since that time, Iran selected an unpredictable and belligerent new leader. Iran has restarted uranium enrichment and paraded missiles through the street with banners saying "Death to America" and "Wipe Israel off the Map." This resolution reflects the current situation with respect to Iran, and suggests an innovative solution to the nuclear impasse.

I want to thank my good friend Congressman ROBERT ANDREWS for being the lead co-sponsor of this legislation. I look forward to working with him and my other colleagues on this important foreign policy initiative.

SUPPORTING THE MUSLIMS CARE PROGRAM OF COMMUNITY SERVICES

HON. CHARLES B. RANGEL

OF NEW YORK

IN THE HOUSE OF REPRESENTATIVES

Thursday, June 8, 2006

Mr. RANGEL. Mr. Speaker, I rise today to enter into the RECORD, my heartfelt support for the "Muslims Care" campaign, launched by the Council on American-Islamic Relations, CAIR, to promote volunteerism in the Islamic community. CAIR is asking Muslims across the country to volunteer their time for raising health awareness, helping the needy and supporting activities for youth. Using verses from the Qur'an and Hadith, the "Muslims Care" tool kit (available in www.muslims-care.org) is encouraging local mosques to participate and promote volunteering programs such as blood drives, health awareness, student tutoring, etc.

First of all, the "Muslims Care" program has a community benefits focus, which can potentially bring together people from a multitude of backgrounds and interests. Moreover, it offers an opportunity to weave Muslims and Islamic identity into the American sociocultural fabric, a viable approach to counter the misinformation that is out there about Islam and Muslims. Lastly, a recent survey, conducted by CAIR, showed that the majority of Americans promised to change their views about Islam if Muslims are seen to be concerned about healthcare, education, economy, issues that plague the average American. The "Muslims Care" campaign is an excellent way to overcome this us/them mentality and the prejudices about Islam and Muslims.

I heartily support this undertaking by CAIR, as well as their other programs that promote cross-cultural dialogue to enhance the understanding of Islam.

U.S. MUSLIMS LAUNCH ANNUAL VOLUNTEERISM CAMPAIGN

WASHINGTON, DC., May 25, 2006.—A prominent national Islamic civil rights and advocacy group today called on American Muslims to support its second annual campaign, called "Muslims Care," designed to promote volunteerism in the Islamic community.

In its summer-long initiative, the Council on American-Islamic Relations (CAIR) will offer Muslims the resources and information they need to help improve the communities in which they live. This year, CAIR will again ask Muslims across the country to focus on health awareness, helping the needy and activities for youth.

Visitors to CAIR's campaign website, www.muslims-care.org, will be able to download a toolkit containing information about how to become a volunteer and suggesting volunteer activities such as blood drives, health awareness fairs and student tutoring. CAIR is suggesting that community members visit the website to submit local volunteer opportunities and see what activities are available in their state.

The "Muslims Care" kit also offers advice to Islamic religious leaders about how they can promote volunteerism in local mosques and suggests partnering with established volunteer groups such as the American Cancer Society and Big Brother/Big Sisters.

Local Islamic leaders and imams (prayer leaders) are being encouraged to give Friday sermons on the importance of volunteerism. The "Muslims Care" toolkit has sample verses from the Quran, Islam's revered text, and hadith (Islamic traditions) to incorporate in the sermons. One tradition quotes